Land Acknowledgement

_Uprising_ would like to acknowledge the land on which we gather is the seized territory of the Ioway, Sauk, Meskwaki, Wahpeton and Sioux People. Indigenous lands weren’t ceded through efforts of “good faith” by the United States Government, rather they were stolen from Native and Indigenous Peoples through coercion and dishonesty.

Both the State of Iowa and the United States Government carried out acts of genocide, ethnic cleansing and forced removal as ways to acquire land. Despite centuries of theft and violence, this remains Indigenous land—it will always be Indigenous land.

Native and Indigenous People are not relics of the past. They continue to share their talents and gifts amidst a backdrop of ongoing colonialism. We celebrate you.

#HonorNativeLand

Safety Acknowledgement

During the course of Issue 11’s production, _Uprising_ members took precautionary methods as laid out by the Centers for Disease Control and Prevention in protection against COVID-19; including social distancing, the wearing of face coverings and proper hand sanitization. All meetings and photoshoots were conducted under these methods. Members voluntarily participated in photoshoots and in-person meetings (with Zoom alternative).
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Starting now, we've decided to focus on ourselves, acknowledge both our struggles and accomplishments, and to be proud of our personal growth. Social media presents the topic of “self-awareness” as a glorified simple action that requires minimal reflection time to see instantaneous results. This definitive action can seem like an effortless task that is achieved by yourself; however, it goes much deeper than a sole individual.

Your body, soul and mind form the pillars of your human existence, and the delicate balance to flourish as an individual comes from the combination of being internally and externally self-aware.

Understand your individual desires, strengths and place of privilege to lead with intention and make internal decisions that will best benefit your goals and journey. Remain open to critical feedback from your personal relationships about your behaviors. This unbiased response from others leads to a broader understanding of how you’re authentically perceived externally.

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The day to day busy routine along with societal pressures, suggesting overworking reflects your immense dedication, leaves college students mentally exhausted. *Uprising Magazine* acknowledges the importance of recognizing personal limitations and taking the necessary time to prioritize well-being and accomplish your goals.

Remain in the present, as the learning and growth that comes from the journey challenges you further than the endgame. The destination is simply a mirage. Allow your imagination to prosper as you find joy in ironically simplistic moments of modern life.

---

Isaac Hackman
He/Him/His
Editor-in-Chief

Cassie Hendrix
She/Her/Hers
Editor-in-Chief
ONE MILE WEAR
ONE MILE WEAR
noun (wUHn 'mIE-uhl 'wAIR) origin: Japan
1. clothing worn within a one-mile-radius of the home — comfortable yet stylish enough for quick errands
2. the styling of lounge or athletic wear with chic wardrobe staples
3. a sustainable practice

"since everything went virtual, one mile wear has been my daily uniform."

see also: athluxe, off-duty, above-the-keyboard dressing, capsule wardrobe
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As explained by the Harvard Business Review, research has shown that people who are self-aware become more confident in who they are, thus becoming more creative, better workers, effective leaders, communicators and become more well-rounded as an individual. It goes beyond understanding yourself and extends to having effective communication with others while understanding their intentions, feelings and motivations. This encompasses being able to acknowledge and accept our own personal reactions. Through this, we can better understand and cope with the root of why we initially felt that way, and better mitigate any conflict or tension. If we are all consciously using our own self-awareness to be more perceptive of how we fit into social and emotional situations, we can better understand others in similar situations and how our actions affect them.

This becomes incredibly important when you enter into a leadership role. As a leader, you have the responsibility of being aware of the well-being, mental health and overall happiness of those under your leadership. It goes deeper than being great at managing people, time and money. By being able to combine self-aware leadership with empathy, we can better understand other people's feelings and actions. How can you be aware of how your actions affect someone if you are not self-aware first?

The concept of combining self-awareness with leadership allows us to become better leaders. Make an effort to be aware of your surroundings and to take feelings of others into account when making decisions. Take intentional steps to understand how those we work with function, identify, best communicate and are best communicated with (as they may not be identical).

In the culture that we live in today, it can be easy to continually say yes and overcommit. It takes a mix of self-awareness and humility to take a step back and simply say “no”. It might be the best thing, not only for yourself, but for those you lead. Focusing on a few key areas, compared to spreading yourself too thin, empowers the group to efficiently and effectively produce at a high quality. We have the power to say no, and doing so does not make you any less of an incredible leader. Employing self-aware leaders brings happier people, strengthens organizational performance and forms a better society. Self-aware leaders are not only improved leaders, but better individuals. They are a better friend, significant other, student, partner, co-worker, supporter, employee and more. When we begin to think beyond the scope of our immediate future and surroundings, we see how self-aware leadership enacts the continued societal growth, change and the smashing of previous barriers. Take the opportunities we have to empower the world — one individual at a time.

Self-awareness, at its core, is simply how well we understand ourselves, the combination of our personality, identity, mannerisms and character traits that make us whole. This includes who we perceive ourselves to be and who others perceive us to be. Being self-aware allows us to be conscious and intentional about how we work with those around us and how our behaviors and ways of communicating impact others.
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WORDS
MEGAN KRAMER
DESIGN
MADELINE DOHERTY
TEXTILES AND APPAREL PROGRAM
APRIL.26 - MAY.1

MON.
REDEFINING DRESS CODES: AUTHENTIC
EXPRESSIONS OF IDENTITY

TUES.
THE BUTTERFLY EFFECT

WED.
POWER TO THE YOUTH

THURS.
TRANSFIGURATION

FRI.
VISIONARY

SAT.
REWIND

catwalk.uni.edu
Textiles and Apparel Program
eunifashionweek
@unicatwalk
@unicatwalk

University of Northern Iowa.
College of Social & Behavioral Sciences
I gracefully accept challenges that come my way.
The words you use matter. They have power. The words you choose have the ability to shape your relationships with others and the world around you. Focusing on thoughtful, deliberate language to genuinely connect with people will allow you to build meaningful and respectful relationships.

History of Black Vernacular English

Black Vernacular English (BVE), historically known as African American Vernacular English (AAVE), is a dialect spoken by Black Americans and Black Canadians. The origins of BVE are widely debated as it shares similarities among African dialects, Southern United States dialects and Caribbean Creole English varieties. The linguistic patterns heard in BVE incorporate a cultural legacy derived from transatlantic slavery. People who were enslaved invented their own version of English when speaking with one another to establish unity and community in spite of their white oppressors. Even so, BVE isn’t always recognized as a legitimate dialect of English because of the extensive history of racism in the United States. It is widely stigmatized as inferior to “proper English” which exposes anti-Black bias in American culture.

You have probably come across BVE on Twitter, TikTok or other social media platforms. Phrases like “spill the tea”, “woke”, “extra” and “yas kween” have been misappropriated by non-Black communities for humor, social credibility and financial gain. These words have become so popularized that people may not even realize their original significance. However, when non-Black people use BVE, it erases the complex history and origin of the dialect. Black people often feel pressure to self-police the usage of their own vernacular in predominantly-white spaces. In contrast, non-Black people can easily appropriate the dialect with little to no social repercussions.

Luna Malbroux, a writer, stand-up comedian, and host of Live Sex SF, offers these four questions to consider before using slang or when others use AAVE:

“Is BVE being commercialized for financial gain?”

“Is the usage performative or tokenizing?”

“Are you in proximity to the culture that originated the terms?”

“Are you using the language to ‘level up’ or earn yourself credibility?”
Inclusive Language in Action

Inclusive language is thoughtful usage of words that avoids discriminating (intentionally or not) against others based on their gender, race, status, etc. By using inclusive words that invite others in, you cultivate an environment where all voices are welcome and understood.

For example, avoid using the phrases “preferred pronouns” or “preferred name”, and instead ask for someone’s pronouns or name if you do not know. To say “preferred” when discussing someone’s name or pronouns implies their identity is flexible or not legitimate.

Transitioning to more inclusive language can feel a lot like building a new muscle. The task becomes easier the more you exercise your ability to stop and think about the words you say and the implications of them.

Instead of...

him or her

boys or girls

wife/girlfriend or husband/boyfriend

SAY

THEM

KIDS

SIGNIFICANT OTHER OR PARTNER

Address groups of people as...

FOLX*

A person’s name and pronouns are not suggestions. They are not preferred over something else. They are intrinsically based on someone’s identity.

Calling Someone In vs. Out

To be an ally is to use your voice for good. This can mean having hard conversations with the people around you who may continue to use hurtful or oppressive language. Whether their words are intentional or not, you have the right to call the individual in or call them out. Which method you choose can be determined by the situation, the person who said the offensive comment, and what was said.

Calling someone in means to pull the person aside in private, after the moment has passed. Doing so gives you an opportunity to explain why and how what they said was not okay. This approach is more gentle and can be effective when trying to change problematic behavior; however, you are required to invest time and energy to reach out to the person. To call someone out is to address racist or inappropriate comments soon after it was said while the group that witnessed it is still present. An example of this on social media today is “cancel culture,” which has become both an accessible and toxic practice of calling out. This action chooses to immediately disregard someone, or cancel them, versus providing them the knowledge of their wrongdoings and ultimately the learning opportunities to do better.

While calling someone in or out for insensitive behavior plays a major role in holding others accountable, the person being called in or out must be receptive to the criticism. You may find yourself being called out, and it’s important to step back from your instinct to be defensive or angry. Instead, consider the process of holding each other accountable to be a learning experience. You should truly listen to what the person is trying to say about a potentially inappropriate comment you made and thank them for taking the time and risk to stand up for what is right. In the future, you can take this criticism to be more mindful of the words you use and the impact they have.

Soothing, rejuvenating and fresh. This introspective green clears the mind of clutter.
Soothing, rejuvenating and fresh. This introspective green clears the mind of clutter.

**PANTONE 14-1064 TCX Green Ash**

Just like a mood ring, your outfit’s color can reflect your inner state.
Broadcast your mood or intention with an eye-catching monochromatic look.

Energizing, creative and balanced. This rich yellow-orange evokes confidence and vitality for those around you.

PANTONE 14-1064 TCX Saffron
Vibrant and intuitive, this aqua blue evokes ocean waters. Recharge your space with pure energy.

PANTONE 16-4535 TCX Blue Atoll
Vibrant and intuitive, this aqua blue evokes ocean waters. Recharge your space with pure energy.
Calming and optimistic, this cool purple inspires healing. Influence those around you with a sweet presence.

PANTONE
13-3820 TCX
Lavendar Fog

Be it soothing or elevating, your vibration will be contagious.
UNI Textiles and Apparel graduates are working across the country designing textile prints, sourcing fabrics for production, tracking and maintaining quality assurance standards for brands, managing work flow through factories, developing digital marketing strategies and designing everything from high-end fashion to sportswear, to home goods.

Two introductory courses are taught each fall: TEXDSGN 1000 Fashion, Culture and Industry and TEXDSGN 1003 Creative Textiles and Apparel Design Foundations. The beginning textile science class TEXDSGN 1002 is taught every semester. The program includes a full apparel design and production experience! You not only get to design your own prints, you also get to print them onto fabric and turn them into your own custom designs!

FOR FALL 2021!

TEXDSGN 1000 — Fashion Culture & Industry
Take a fun, introductory class and learn where you might fit in the Fashion World at UNI! The class will provide you with an introduction to fashion careers and explore the meaning of fashion in our daily lives.

TEXDSGN 2004 — History of Costume
From ancient Rome to Paris in the 1920s to Hip Hop Street Style… fun, introductory class in costume history including an Upcycled Vintage Remake project! Class provides a good introduction to trends in fashion over time and how the historic costume of the past continues to affect what we see on the runway now.

TEXDSGN 1003 — Creative Textiles and Apparel Design Foundations
Learn to apply elements and principles of design to apparel products through creative manipulation of nontraditional materials into both small scale and full-size designs. Apply sustainability practices to fashion projects by using recycled and upcycled materials to construct your designs. Also learn the fundamentals of fashion illustration.

For more information:
csbs.uni.edu/tapp
or contact Dr. Annette Lynch at annette.lynch@uni.edu

University of Northern Iowa
Photography: Mitchell D. Strauss, Designer: Kayla Smith, Model: Jakayla Roberts

INTERESTED IN FASHION?
Explore Careers and Learn about the Industry!
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University of Northern Iowa

Photography: Mitchell D. Strauss, Designer: Kayla Smith, Model: Jakayla Roberts
The Enneagram is a personality model that describes your personality according to one of nine main types, each of which is represented by both a number and a title. The test is largely based on emotions, and how we interpret the world around us. Understanding the Enneagram types is not only beneficial for navigating your own emotions, desires and challenges, but also navigating your relationships with others, including in leadership. Each Enneagram type represents a different personality, with some linking characteristics — each type is linked to others in some way, and communication between types may be different because of this.

Additionally, your wing is important to understanding your Enneagram type better. A wing is the type on either side of your main Enneagram number that best represents you, visually shown on the graphic as the numbers on either side of yours. For example, if you’re a 7, your wing type may be a 6 or an 8. While we won’t be covering wing types, it is interesting to read about your wings to further define your personality.

The Enneagrams are divided into three main sections: the thinking, feeling and instinctive. The thinking numbers (5, 6, 7) are connected, as are the feeling numbers (8, 9, 1) and the instinctive numbers (2, 3, 4). These numbers experience similar emotions and reactions. The graphic represents how your Enneagram number is tied to others. Your connecting lines are what personality types influence your own type, which can help you better understand what influences how you act and perceive the world.

To find out your Enneagram type and wing, take the test at Truity:
### Introduction to Emma Cover-Carper Design

**Enneagrams**

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<table>
<thead>
<tr>
<th>I LOVE</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>• to do good, to have purpose, to be right</td>
<td>• being in love, feeling appreciated, practicing kindness</td>
<td>• admiration, being successful, feeling accomplished</td>
<td>• being myself, expressing individuality, expressing myself creatively</td>
<td>• feeling knowledgeable, being right in any situation, learning</td>
<td>• a sense of security, stability, reassurance in all areas of life</td>
<td>• feeling inspired, chasing my curiosity, doing something fun</td>
<td>• independence, being the one in control, expressing my passion</td>
<td>• feeling and expressing peace, when people get along, when I'm with people I love</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>I FEAR</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>• being bad, imperfection, doing wrong by others</td>
<td>• being alone, not being appreciated, not giving enough love</td>
<td>• feeling like I failed, losing in any way, not being liked</td>
<td>• missing out on experiences, not knowing something</td>
<td>• feeling overwhelmed, saying the wrong thing</td>
<td>• the worst happening, being unprepared, feeling defenseless</td>
<td>• missing out on life experiences, being bored, feeling negative emotions</td>
<td>• having to follow authority, appearing weak, feeling powerless or vulnerable</td>
<td>• dealing with conflict, pushing people away, disagreeing with others</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>I FEEL</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>• hard on myself, the need to be doing something hardworking</td>
<td>• very emotional, happy when with others, empathy toward others</td>
<td>• best when I accomplish goals, I need to always be on the move good when I look good</td>
<td>• good when I'm expressive, a wide range of emotions, like I'm unique</td>
<td>• introverted, best when I'm learning, the need to protect myself</td>
<td>• anxious and vulnerable, I need to protect those I love, the need to have a plan</td>
<td>• optimistic and ready for the world, excited to try new things ready to inspire others</td>
<td>• confident in what I do, stubborn, rebellious against the world</td>
<td>• need to do what others want, a need to mediate, good when I practice mindfulness</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>I NEED</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>• reassurance I'm doing well, help accepting imperfections, a clear goal</td>
<td>• recognition for my actions, my love and actions reciprocated, lots of communication</td>
<td>• recognition for my success, to feel smart, others to show they like me</td>
<td>• to not have limitations on my expression, a lot of freedom, to be accepted for who I am</td>
<td>• lots of space, alone time, to not be pushed to express myself</td>
<td>• reassurance that it's going to be okay, a plan for any situation, your loyalty and trust</td>
<td>• to have an inspirational role, help focusing, discipline with the ability to express myself</td>
<td>• relaxed or no authority, the ability to take control of situations, space to do what I want</td>
<td>• little conflict, to express peace love and harmony, an environment that flows well</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AT MY WORST</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I'm overly critical, I resent others because of my own emotion</td>
<td>• I help others to feel good, I'm angry when you don't do enough for me</td>
<td>• I'm disloyal to others for my success, obsess over doing my best</td>
<td>• I'm overwhelmedingly sad stuck in my head, I feel inadequate</td>
<td>• I'm withdrawn from any relationship, closed off, disinterested in others lives</td>
<td>• overwhelmed with anxiety, obsessed with preparing for the future</td>
<td>• I avoid what makes me feel bad, narcissistic, unproductive and overly thrill-seeking</td>
<td>• express a lot of anger, I'm very impulsive, I avoid my vulnerabilities and challenges</td>
<td>• I'm hyper-critical of myself, passive aggressive, I don't prioritize my own needs</td>
<td></td>
</tr>
</tbody>
</table>
Make Your Style More You: A How To

Finding your own style can be difficult when you are unsure of where to start. Clothing is something that helps portray your identity to the ones around you. There are many different styles and trends to adapt to, but how do you pick just one? How do you mix them together? It is simpler than you think:

1 Find Your Inspiration

When searching for inspiration for new outfit ideas, turn to social media, magazines and the environment around you. Find pictures of clothing that resonate with you. Pinterest is a great place to start as it has a variety of different styles represented through mood boards. Begin with finding key items of clothing that you could see yourself wearing. Also, consider what is missing from your wardrobe currently - is it accessories, a certain color, pattern, or specific clothing items? Focus on what you love and what makes you feel empowered and go from there. Write down a list of items that you want to search for to intentionally add into your wardrobe. A unique thing about expression through fashion is everyone’s individualized interpretations and style.

2 Try It Out

Now that you have an idea of what pieces you want to add to your wardrobe, try them on and see how you feel actually wearing them. Certain styles of clothing look different on everyone, so it’s important to understand that every style you try to recreate might not be a winner. Luckily, you can create a similar look by mixing silhouettes, colors, fabrications, etc that flatter your body type. This happens to everyone and the beauty of fashion is there are many different ways to calculate a certain look. This idea of emulating a desired style with different pieces can work for any type of clothing. For example, flared pants have become popular within the last few years, exploring a bootcut style or a mom-jean style is a great way to achieve the look of a baggy pant if flare pants don’t fit your style. It is all about finding what you feel the best in.

3 Cater To Your Lifestyle

You want to ensure your updated wardrobe fits in with your everyday activities. It is fun to buy fancy outfits and shoes but important to keep in mind the practicality and how often you will utilize them in your routine. There are many comfortable, yet cute, styles of clothing for almost every occasion. Think of the kind of clothing you will get the most wear out of and what fits into your lifestyle best. By doing this, it cuts down environmental and financial waste and leaves your closet full of versatile pieces.

Things to ask yourself when shopping:

- Does this fit my personal style?
- Is this piece versatile and how will it fit into my wardrobe?
- Is this the quality I’m looking for? Will it last me the next 5 years?
- Does the price match the quality of the item?
- Is this a good investment with my budget?

The ultimate question:

- Do you really love this, are you excited to wear and style it?

Forming a new wardrobe and style takes time and effort, but in the end, the confidence it brings out in you will be worth it. Your style is something you own completely and can do whatever you want with. When exploring what style means to you it gives you a sense of self-knowledge to understand how to authentically represent yourself through dress. It gives the world a glimpse into who you are. Fashion is one of the most visual means of self-expression, you just have to find it. Have fun shopping!
At one point or another, we have all managed to get way too wrapped up in our own thoughts. “Am I actually successful at what I do?” “Did I earn what I have or did it just fall into my lap?” “Am I good enough?” Even the most accomplished and successful figures, such as Maya Angelou and Tom Hanks, have questioned themselves over the course of their careers.

Impostor Syndrome is a psychological phenomenon in which a person doubts their accomplishments and skills, attributing their success to luck or chance. Although it is not a diagnosable psychological disorder, Impostor Syndrome can mess with one’s mindset, resulting in a person questioning whether or not they deserve what they have.

For instance, say you landed an internship with a reputable company. You worked hard, polished your resume and interviewed with confidence. Although you rightfully earned the internship, you may be questioning how you were selected out of all of the other worthy applicants. Perhaps it came down to your abilities, or maybe it was a stroke of luck. Could the hiring manager have made a mistake? These thoughts of self-doubt and inadequacy can stop you right in your tracks and bring your aspirations and goals to a stand-still.

We may also notice our thoughts spiraling out of control and drawing far-fetched comparisons while scrolling through social media, especially as spring creeps up on us. Senior pictures, graduation announcements and other accomplishments flood our social feeds as the weather gets warmer. Of course, these achievements of our peers should be praised, but sometimes we can’t help but compare our success to others.

Something we all need to remember is that the path to success is not linear or similar for everyone. For example, some people graduate a semester or a year early, that does not mean you are not as smart or driven as them. Everyone works towards individual success at their own pace, the road to success should not be seen as a competition.

There are a multitude of strategies you can use if you find yourself struggling with self-doubt. Start off by talking to colleagues and peers, people who know you well. These individuals can help lift you out of the self-doubt slump by reminding you of your accomplishments, what you excel in, and how you got to where you are now. Chances are they have or are currently going through the same thing you are.

Secondly, reflecting on your accomplishments can help in acknowledging your skills. Look at past projects that your professor graded. What comments did they leave? Are there things you can improve on? What strengths jumped out at them? Looking into projects you've put a lot of effort into can assist in recognizing your strengths. Maybe your boss nominated you for Employee of the Year or sent you an email thanking you for all of your hard work. Looking back on instances like these can boost your self-esteem and remind you of your worth, despite those negative thoughts swirling around your head.

When you find yourself thinking about being underqualified, stop and take a moment to reflect. There’s no need to fret over not having experience in a certain program or area — inexperience is normal. You will grow more as a professional and acquire these skills as you gain more opportunities and grow the amount of experience you have under your belt.

Another effective method is to catch yourself when you start to draw up comparisons. Comparing yourself to others is damaging and can cause you to make false assumptions. Social media does not always show an accurate and honest depiction of who an individual actually is. People pick and choose what they want to show others, so you cannot truly know a person through social media. When you catch yourself making comparisons, stop for a moment and be reminded that everyone has their own path towards success.

We are our own worst critics. Don’t allow Impostor Syndrome to take over. Start recognizing and celebrating your accomplishments rather than questioning them. The path to your own success isn’t a straight-shot, and that is completely normal.
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Springtime 2021 calls for radical joy wherever we can manifest it.
Dress up for the world you imagine — whatever that might look like — and savor the process.
When the sunlight filters down, bask in it. Sit there, alone for awhile. There's magic in that space.
The act of letting things go is not an easy thing to do. It rips away, perhaps, what you knew were the best parts of you. The ones you could’ve held on tightest to.

Your chest takes in all that ache and your hands may begin to shake.

There comes a point when we have to face our deepest roots.

The beauty of the body is that no matter the destruction, it knows the exact remedy to heal.

So yes, you may have let it go, but even the healthiest of flowers have dead leaves. You are the seed of unpicked weeds.

You are here. You have grown.
One time I loved a boy so much I let him borrow my car for a buddy of his to sleep in. When I got it back a few days later, the upholstery was melted from the blunt he’d used to smoke himself to slumber. And to be honest, I’d never appreciated my car more. I guess it just felt good to have that in common with something. Our interiors were sweet and soft. We melted easy, singed easy. Tolerated it when a boy took a lighter to our skin because we liked the way he laid with us.
the power of the mind

Keep Your Focus
What if all it took to receive your hopes and dreams was your mind? Well, luckily it can be. The power of the mind and soul is something people may overlook when things happen in their life, but our subconscious mind creates a lot more than we are aware of. Many people have heard of the term “manifesting,” but for a clear-cut definition, it is: “to display or show (a quality or feeling) by one’s acts or appearance; to demonstrate.” However, it goes much deeper than the dictionary definition. Although manifesting has become popularized within the last few years, many people think they are doing it wrong or don’t receive what they are trying to conjure into their life. Manifesting is easy and fun to do, but make sure you’re taking the right steps when practicing it. Before getting into beginner methods for manifesting, keep these things in mind:

1. Be Specific
It is important to recognize exactly what you are trying to bring into your life. You want to ensure your visions are clear and precise. By being specific, it solidifies your intentions and allows exactly what you desire to come into your life. Think of the exact thing you want, for example, if you manifest a house, go into more detail and decide the exact front door, kitchen table tops, location, etc., you want. The more in-depth you are, the visual of your dream becomes clearer.

2. Believe In Yourself and the Universe
Depending on what you’re trying to manifest, it can take time. The best thing you can do is trust in yourself and the Law of Attraction. It is important to remember that you are always in control and have the power to make things happen in your life or stay out of your life. Always possess pure intentions — you’re not going to receive what you want if there is any negative energy surrounding what you are trying to manifest.

3. Take Action
People forget that they need to adapt things into their routine or life to aid in getting what they want. An important thing to remember is you need to make sure what you’re manifesting is realistic and will serve you in a good way. By giving yourself opportunities to be put in those positions, the manifestation will evolve.
How to Practice

There are three simple methods that are helpful for beginners interested in manifesting, choose the method that resonates most with you. The first one — convenient if you can’t find a consistent time to practice — would be through scripting. There are many ways to go about scripting, but let’s start with the materials you’ll need. Dedicate a journal or notebook to your manifestations, this way they will be in one place that is filled with good energy. Optional items might include a specific pen or set of writing utensils and crystals. Adopting affirmations into your scripting, while also optional, aids in manifesting as well. They conjure positive energy and pure intentions around your manifestations. Acknowledging the positive aspects of your life puts your mind in a positive mood and helps resonate good energy into each new day. There are different scripting methods, including the 3-6-9 and the 55x5 method.

The 3-6-9 Method

This method was founded by Nikola Tesla as his studies led to the divine numbers identified as 3, 6 and 9. In short, 3 represents the direct link to the universe, 6 represents our own strength and 9 helps release negative energy in and around us.

Pick a manifestation, but make sure the thought lasts about 17 seconds, which equates to about 2 sentences. Our brains take 17 seconds to focus on something, so the more your brain focuses, the more energy we create.

Pick a time in the morning where you can write your manifestation 3 times. Write in present tense (as if you have already received it) to indicate that this is yours, it just hasn’t arrived yet. Visualize receiving this while writing it down and imagine how you will feel. Focus on the energy.

During the afternoon, write your manifestation down another 6 times, repeating the same steps from the morning.

Lastly, in the evening — I find before bed to be the best time — write your manifestation down 9 times. Something I find helpful with scripting is saying it out loud. This way you are speaking it into existence. If done before bed, your subconscious mind will focus on it while you sleep, focusing more energy toward what you desire.

55x5 Method

First, you are going to pick a manifestation and turn it into an affirmation. For example, say you want to manifest a sum of money, you would turn it into an affirmative statement like “I am proud of myself for earning X amount of money”.

Next, write down your affirmation 55 times each day for 5 consecutive days. This method does not have much complexity to it and it is something that may be easier to fit into your daily routine.

Vision Board

The next method is one of the more physical ways to go about manifesting, but really gets you thinking about what you want to work towards.

The supplies needed for a vision board are pictures of everything you see in your future. Make sure these goals are realistic and achievable. Make sure to place the vision board somewhere you will view it often as a reminder and motivator for receiving these visions.

Check out these YouTubers to learn more on implementing manifestations into your routine:
- Earth Mama Medicine
- Leeor Alexandra
- Siete Says
- Mintfaery
Uprising